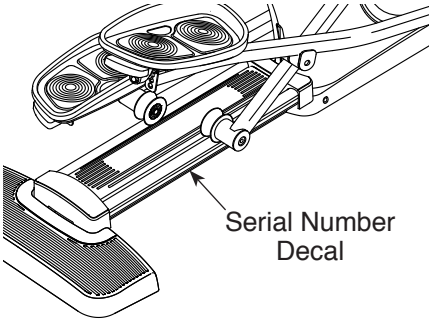
NordicTrack E 12.2

Model No. NTEVEL12913.0
Serial No. _____

Write the serial number in the space above for reference.



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Website: www.iconsupport.eu
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c/o HI Group PLC
Express Way
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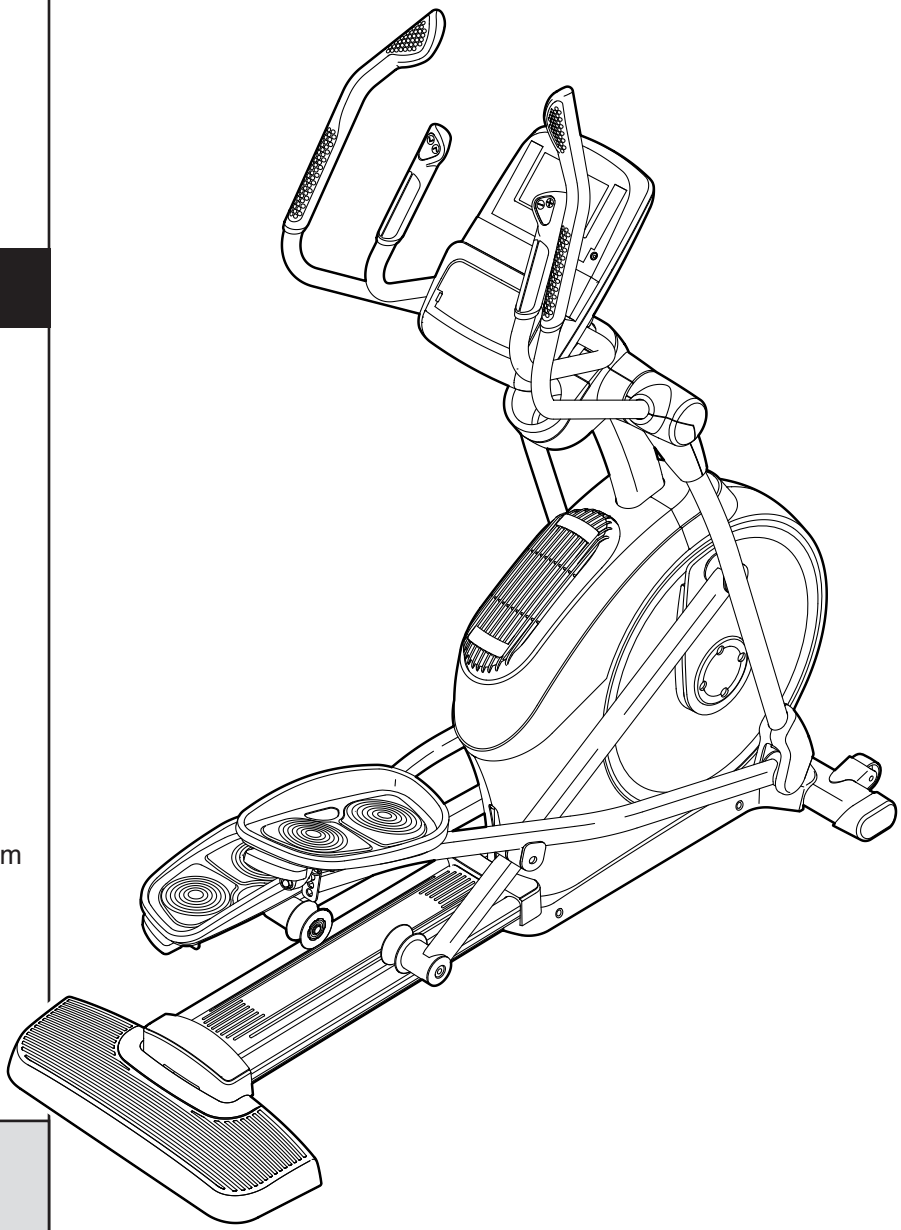
WF10 5QJ
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
ICON Health & Fitness
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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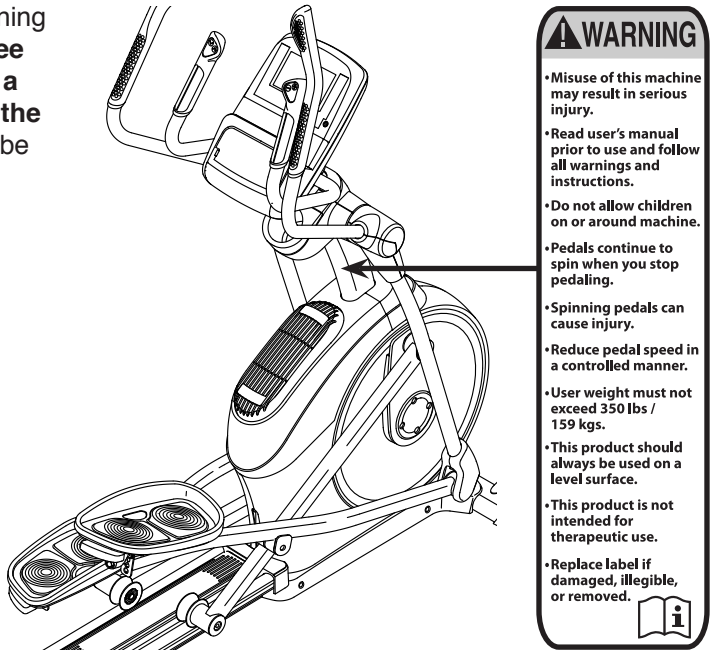
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



NORDICTRACK is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

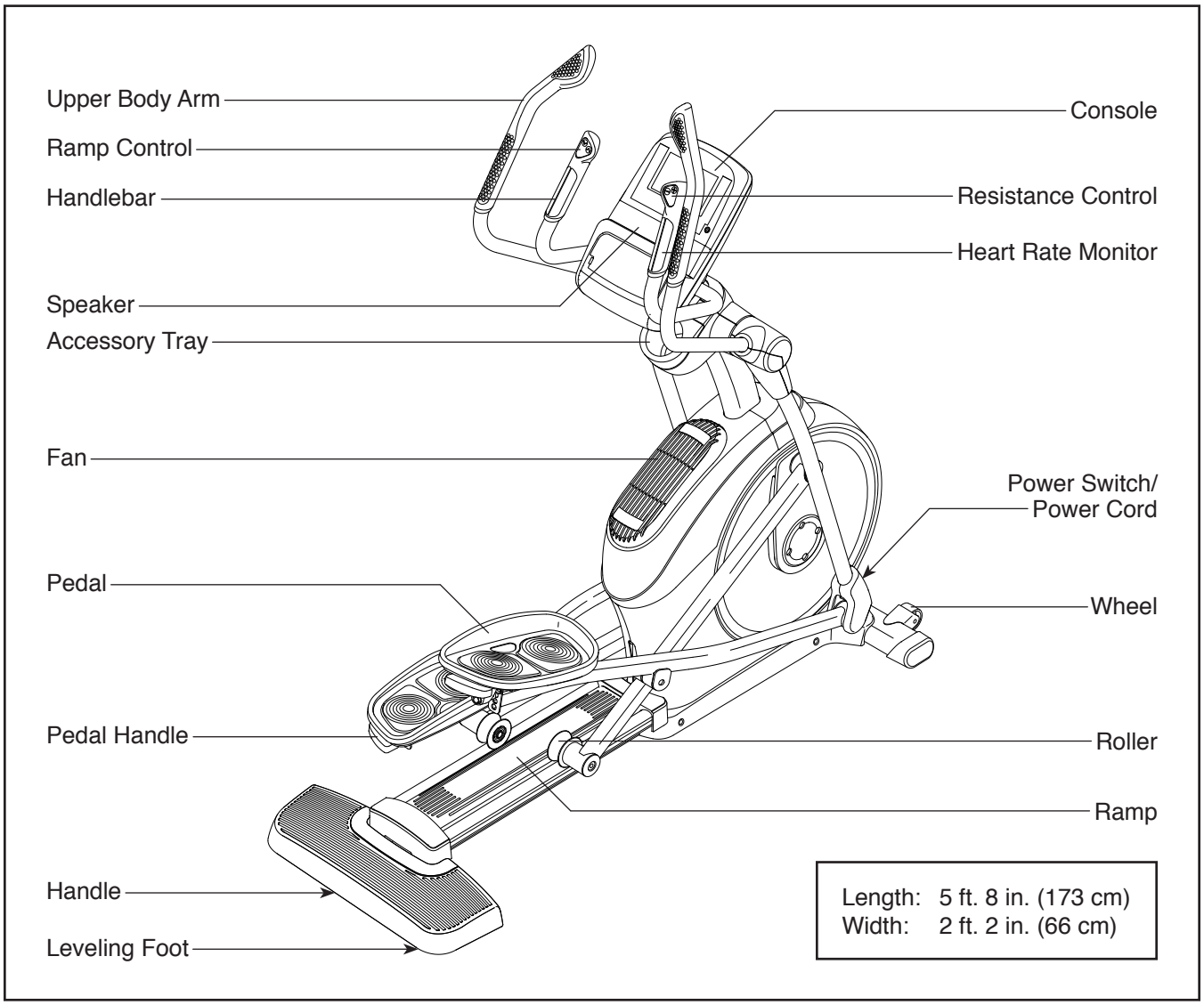
1. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the elliptical only as described in this manual.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 12.2 elliptical. The E 12.2 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

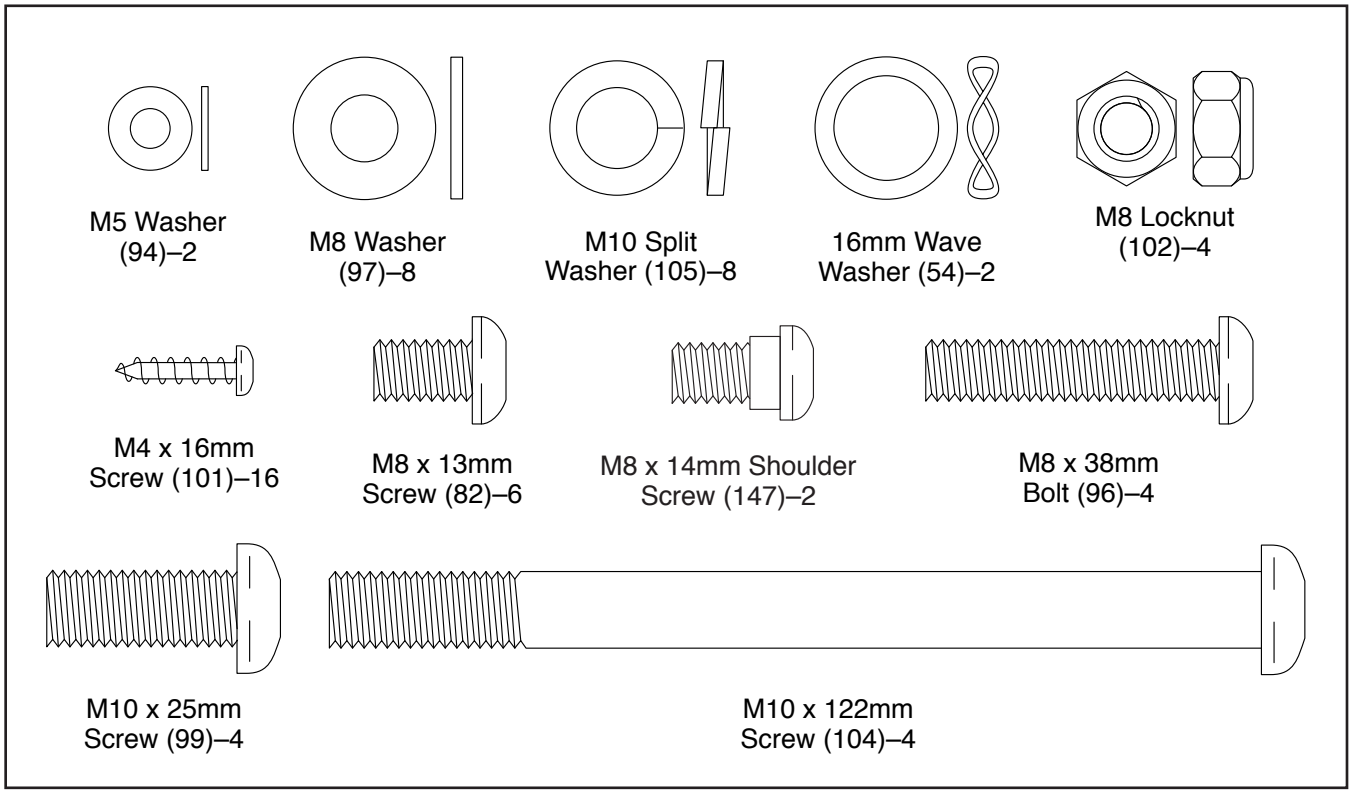
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



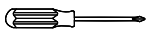
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

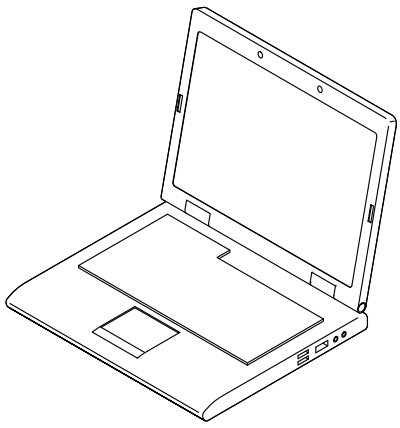
one Phillips screwdriver 

one rubber mallet

Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.iconsupport.eu on your computer and register your product.**
   - activates your warranty
   - saves you time if you ever need to contact Customer Service
   - allows us to notify you of upgrades and offers

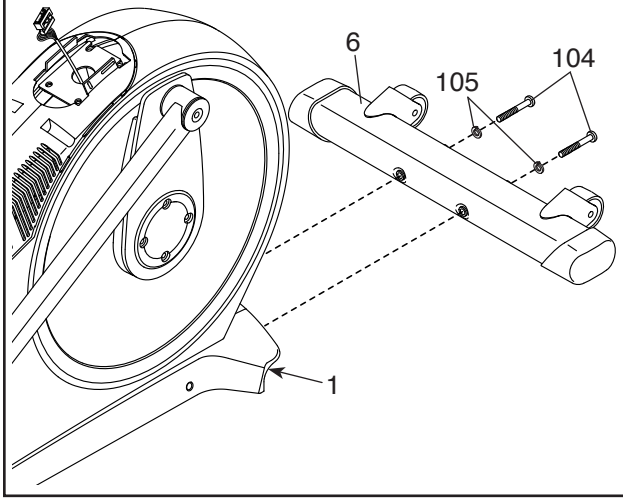
   Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.

1


2. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

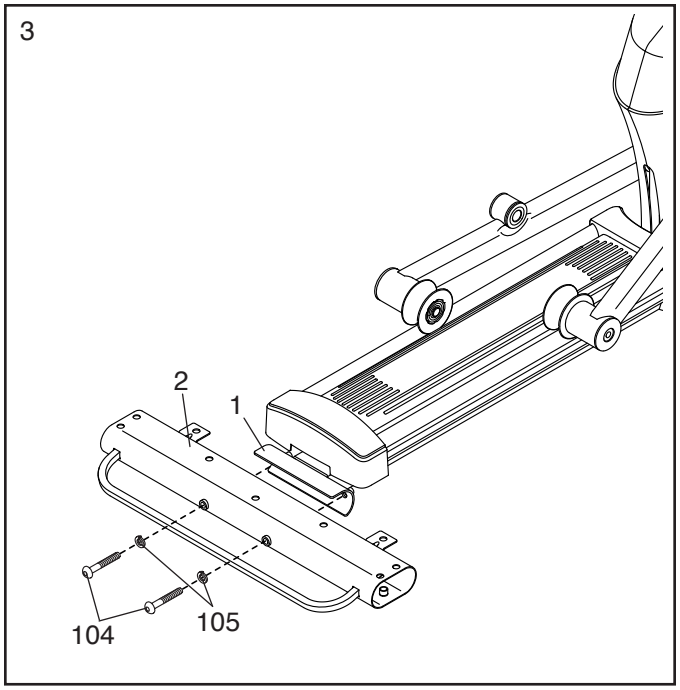
   Remove the packing materials from under the front of the Frame (1).

2


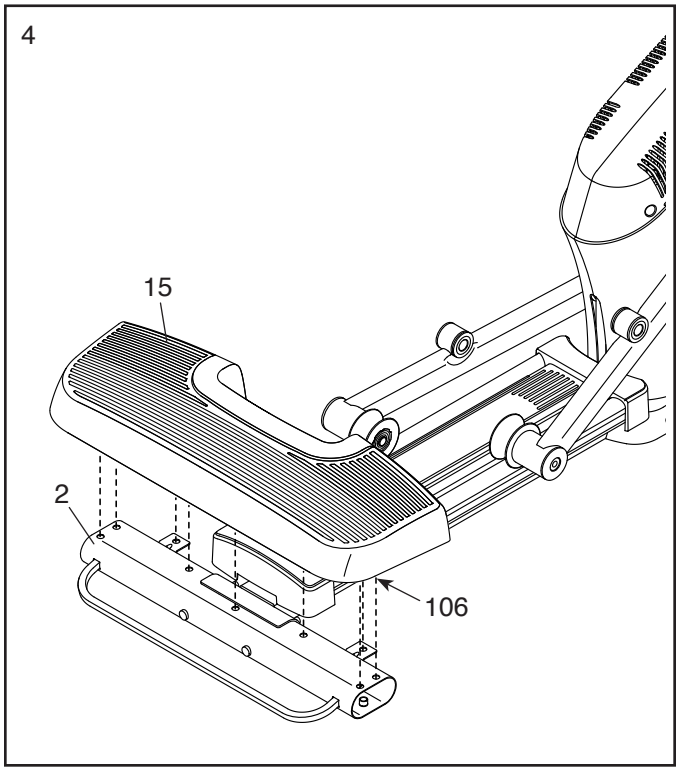
3. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

   Remove the packing materials from under the rear of the Frame (1).

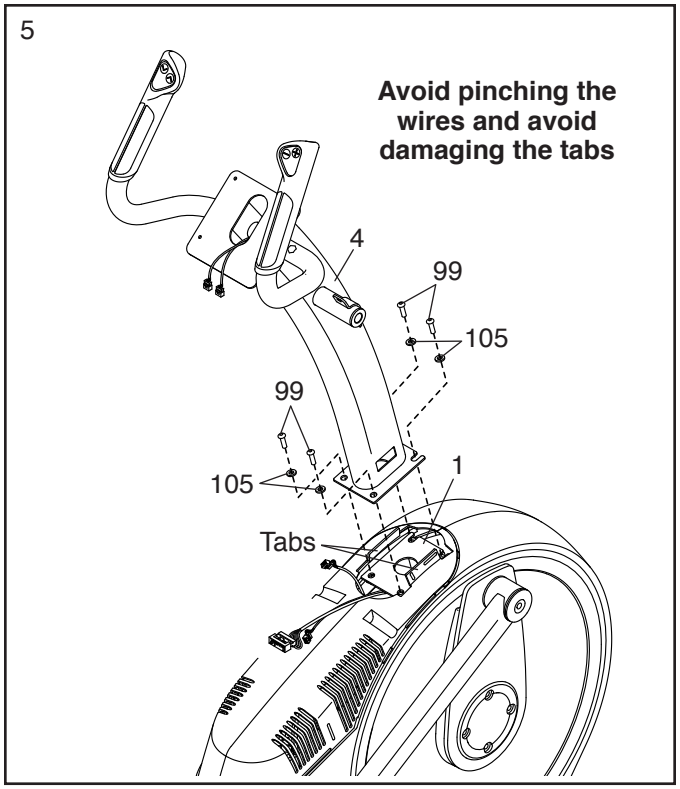


4. Press the Cover Mounts (106) on the underside of the Rear Stabilizer Cover (15) into the Rear Stabilizer (2).



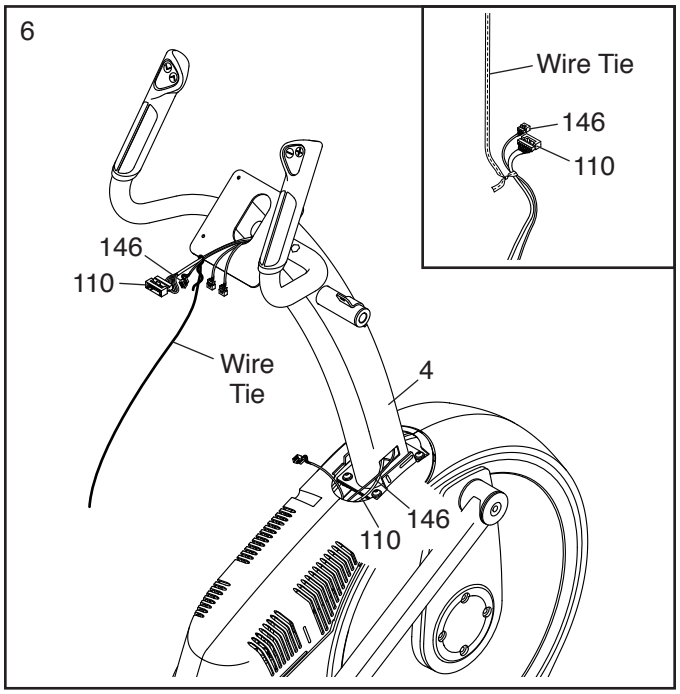
5. **Tip: Avoid pinching the wires. Avoid damaging the indicated plastic tabs.** Set the Upright (4) on the Frame (1).

   Attach the Upright (4) with four M10 x 25mm Screws (99) and four M10 Split Washers (105). **Do not fully tighten the Screws yet.**



6. **See the inset drawing.** Locate the wire tie in the lower end of the Upright (4). Tie the wire tie to the Upper Wire (110) and to the Fan Extension Wire (146). Then, pull the upper end of the wire tie until the Upper Wire and the Fan Extension Wire are routed through the Upright.

   Tip: To prevent the wires from falling into the Upright (4), secure the wires with the wire tie.



7. Using a plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35) and to two 16mm Wave Washers (54).

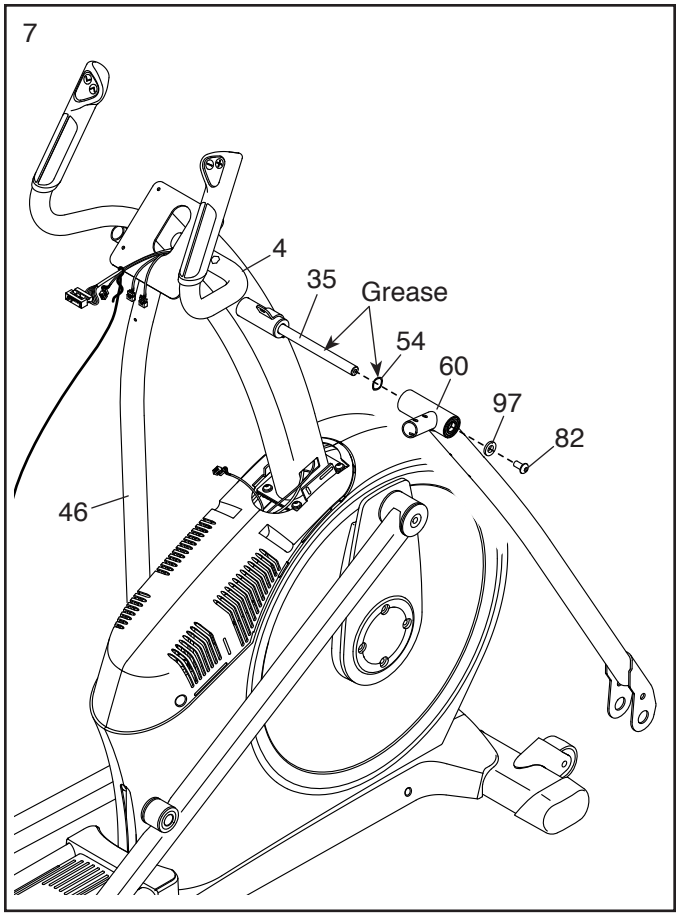
   Insert the Pivot Axle (35) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

   Identify the Right Upper Body Leg (60) and orient it as shown.

   Slide a 16mm Wave Washer (54) and the Right Upper Body Leg (60) onto the right side of the Pivot Axle (35).

   Repeat these actions for the Left Upper Body Leg (46).

   Tighten an M8 x 13mm Screw (82) and an M8 Washer (97) into each end of the Pivot Axle (35) **at the same time.**

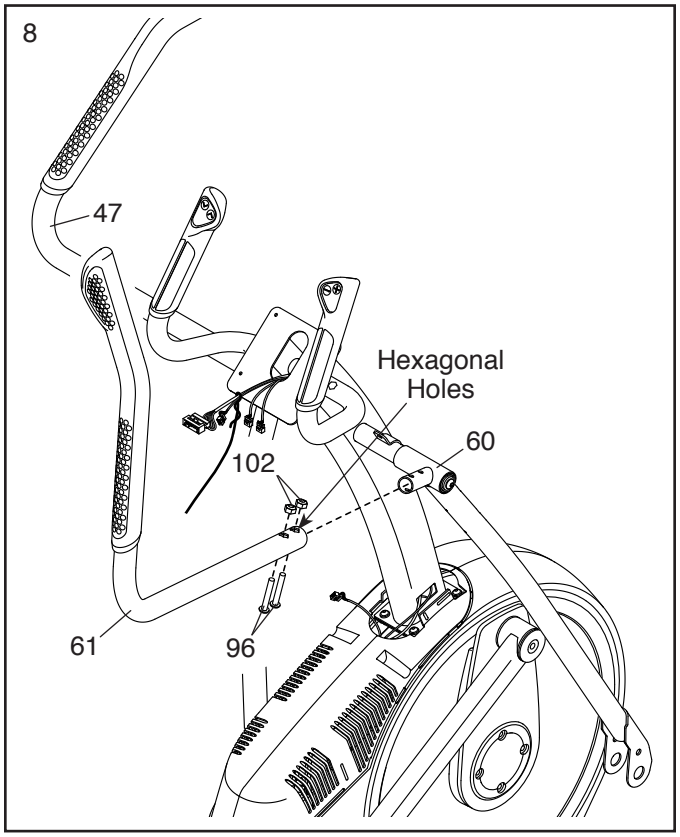


8. Identify the Right Upper Body Arm (61) and orient it as shown.

   Slide the Right Upper Body Arm (61) onto the Right Upper Body Leg (60).

   Attach the Right Upper Body Arm (61) with two M8 x 38mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

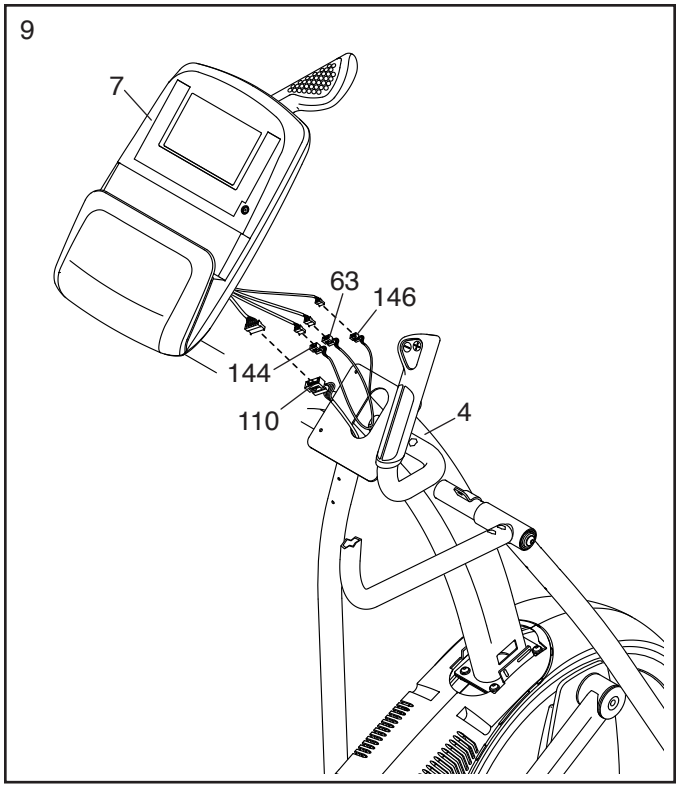
   Repeat this step for the Left Upper Body Arm (47).



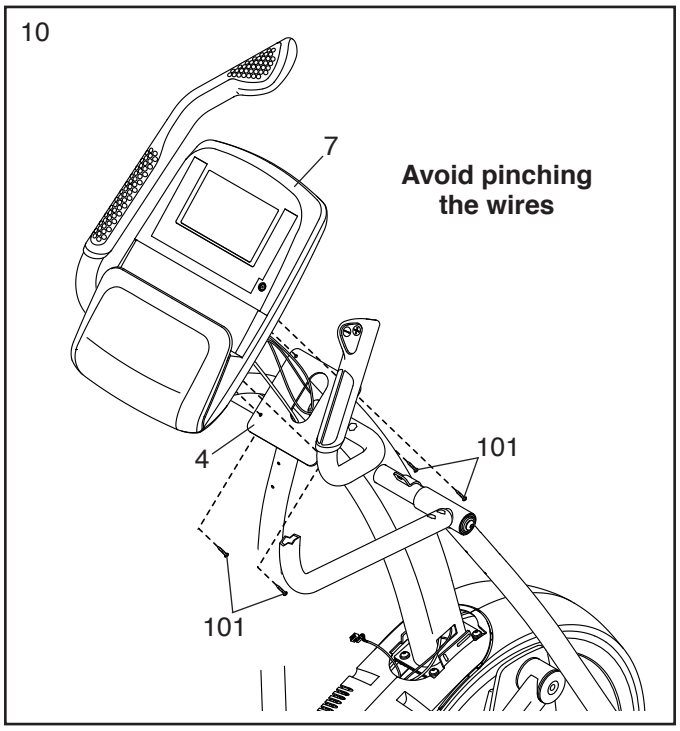
9. Untie and discard the wire tie on the Upper Wire (110) and the Fan Extension Wire (146).

   While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Upper Wire (110), to the Fan Extension Wire (146), and to the Sensor Wires (63, 144).

   Insert the excess wire into the Upright (4) or into the Console (7).



10. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101).

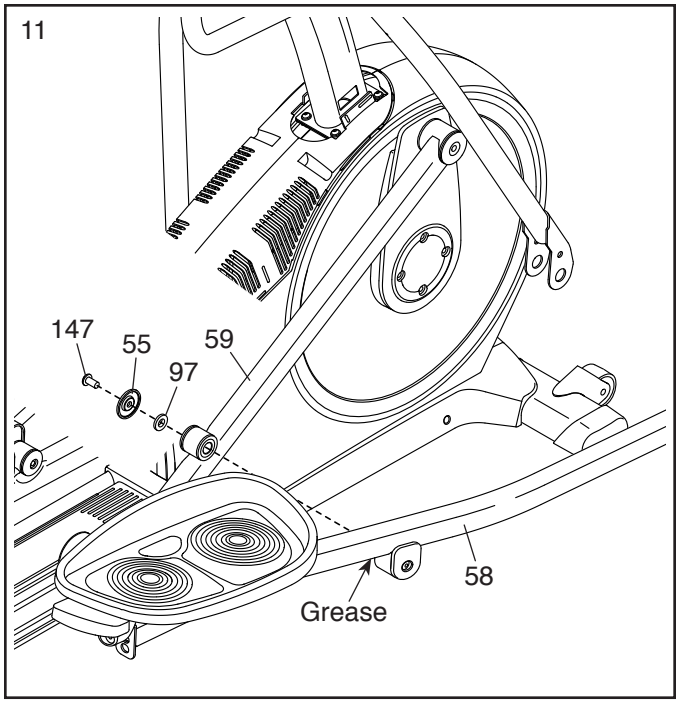


11. Orient the Right Pedal Arm (58) assembly as shown.

Apply grease to the axle on the Right Pedal Arm (58).

Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 14mm Shoulder Screw (147), a Small Axle Cover (55), and an M8 Washer (97).

Repeat this step for the Left Pedal Arm assembly (not shown).



12. Apply grease to a Pedal Arm Axle (64).

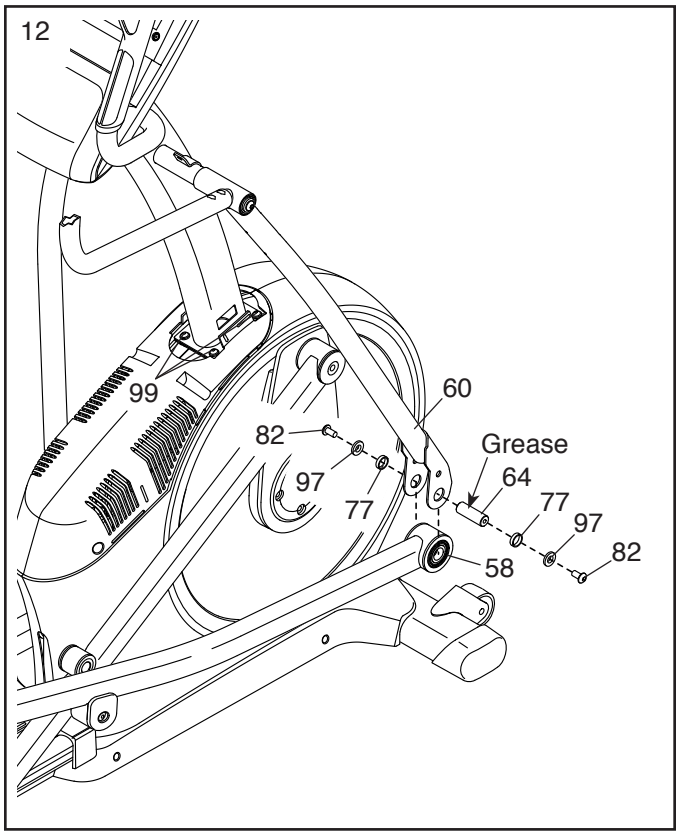
Next, slide an M8 Washer (97) and an Axle Spacer (77) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

While a second person holds the front end of the Right Pedal Arm (58) inside the bracket on the Right Upper Body Leg (60), insert the Pedal Arm Axle (64) into both parts.

Slide an M8 Washer (97) and an Axle Spacer (77) onto another M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64). **Then, tighten both Screws at the same time.**

Repeat this step on the other side of the elliptical.

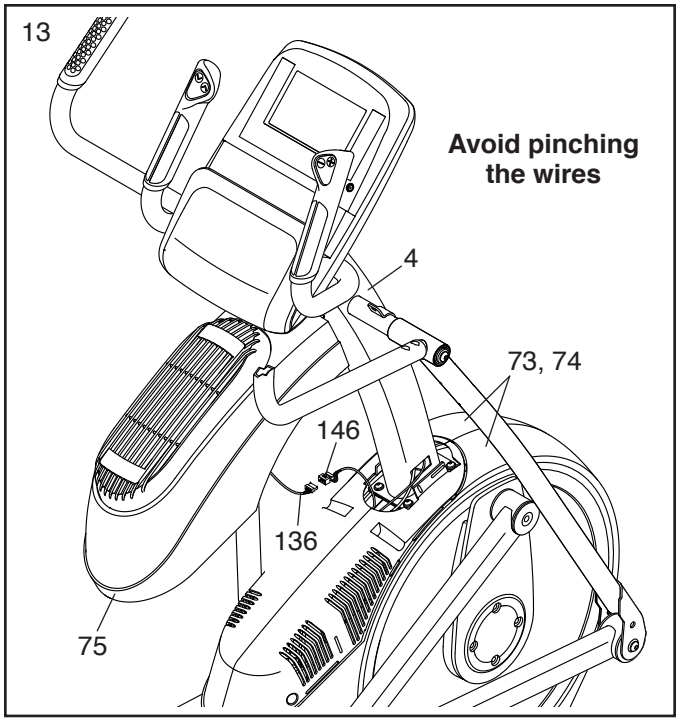
See assembly step 5. Tighten the M10 x 25mm Screws (99).



13. Orient the Shield Cover (75) assembly as shown.

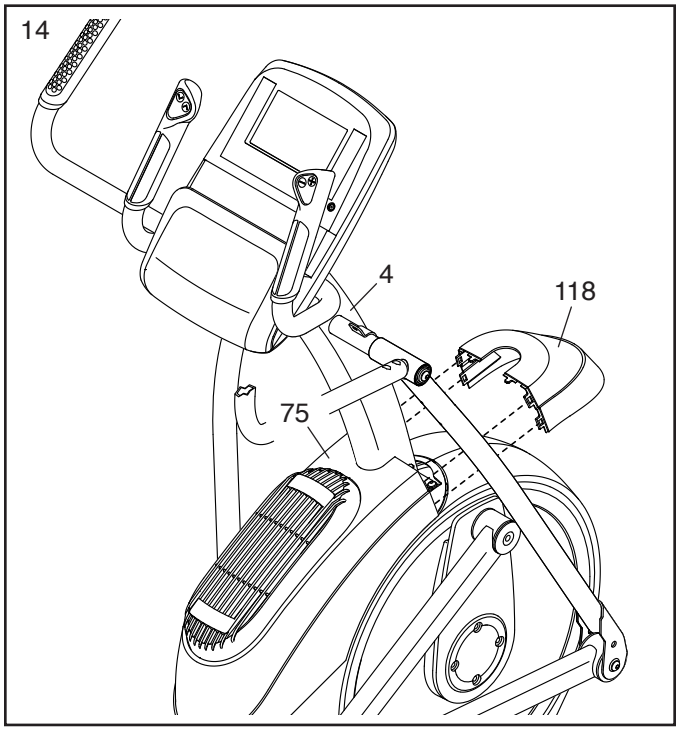
While a second person holds the Shield Cover (75) assembly near the Upright (4), connect the Fan Extension Wire (146) to the Fan Wire (136).

Tip: Avoid pinching the wires. Press the Shield Cover (75) onto the Left and Right Shields (73, 74).



14. Orient the Shield Cover Cap (118) as shown.

Attach the Shield Cover Cap (118) around the Upright (4) by pressing it into the Shield Cover (75).

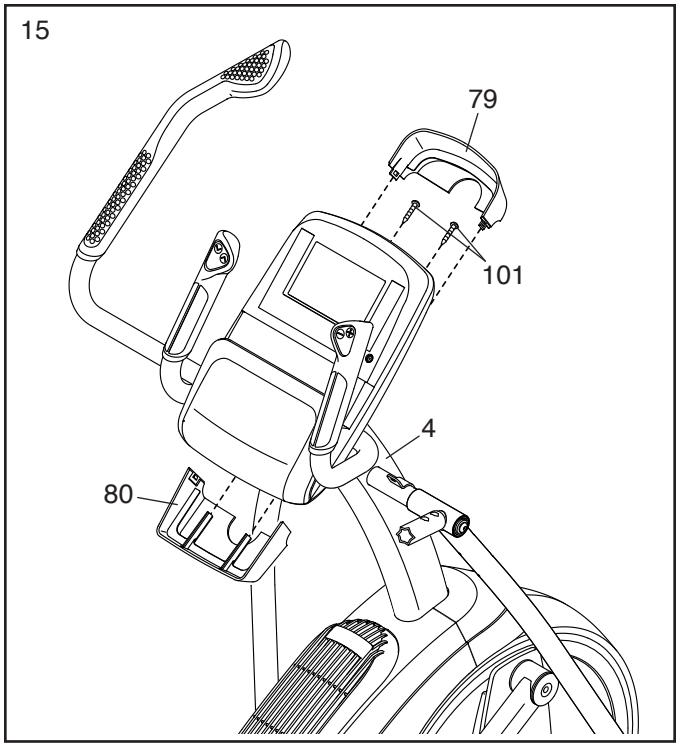


15. Orient the Rear Console Cover (80) as shown.

Attach the Rear Console Cover (80) to the Upright (4) with two M4 x 16mm Screws (101).

Orient the Front Console Cover (79) as shown.

Attach the Front Console Cover (79) around the Upright (4) by pressing it into the Rear Console Cover (80).

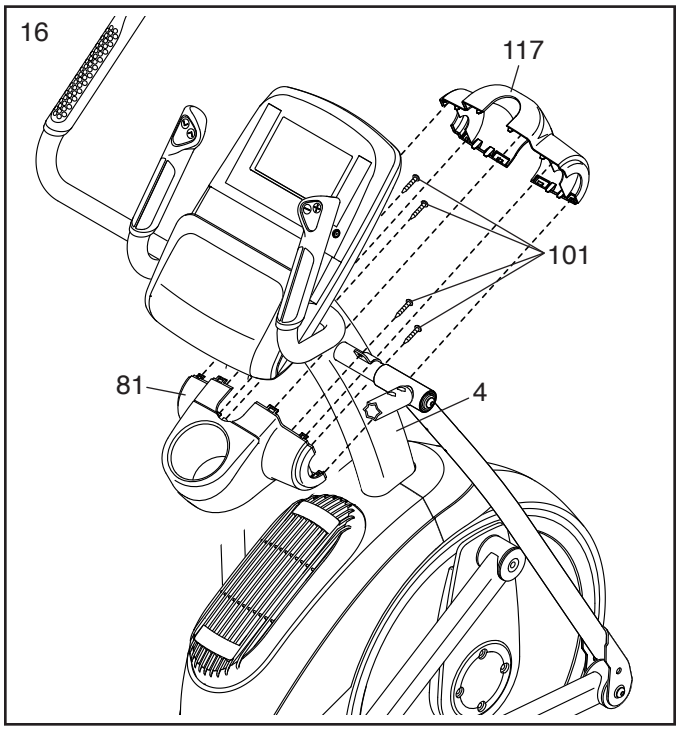


16. Orient the Rear Upright Cover (81) as shown.

Attach the Rear Upright Cover (81) to the Upright (4) with four M4 x 16mm Screws (101).

Orient the Front Upright Cover (117) as shown.

Attach the Front Upright Cover (117) around the Upright (4) by pressing it into the Rear Upright Cover (81).



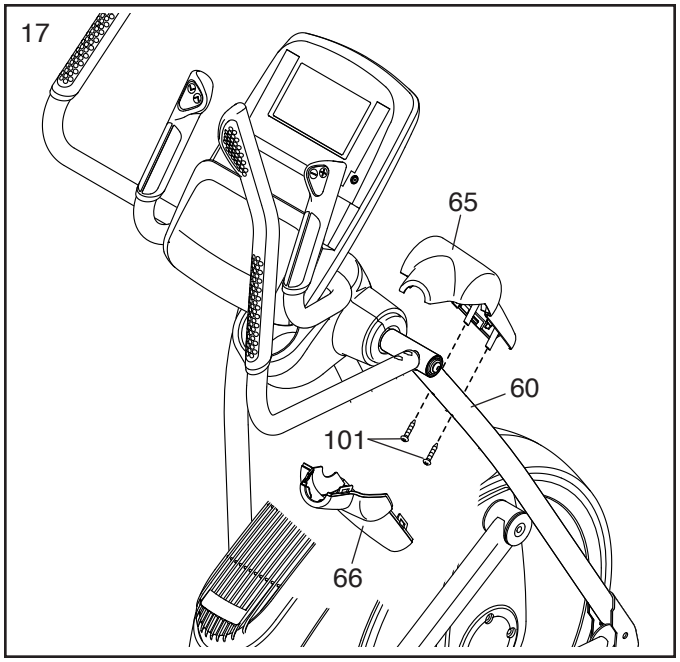
17. Identify the Right Upper Body Arm Front Cover (65) and orient it as shown.

    Attach the Right Upper Body Arm Front Cover (65) to the Right Upper Body Leg (60) with two M4 x 16mm Screws (101).

    Identify the Right Upper Body Arm Rear Cover (66) and orient it as shown.

    Attach the Right Upper Body Arm Rear Cover (66) around the Right Upper Body Leg (60) by pressing into the Right Upper Body Arm Front Cover (65).

    Repeat this step on the other side of the elliptical.



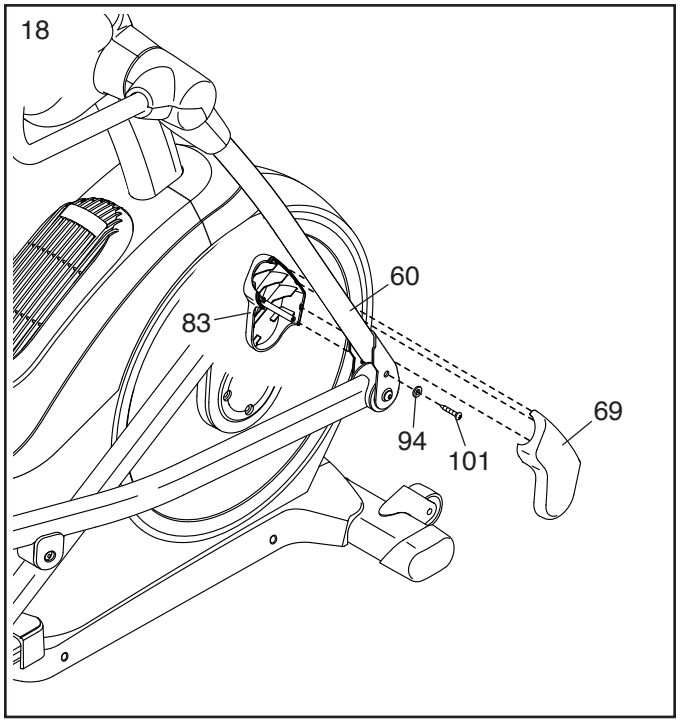
18. Identify the Right Upper Body Leg Inner Cover (83) and orient it as shown.

    Attach the Right Upper Body Leg Inner Cover (83) to the Right Upper Body Leg (60) with an M4 x 16mm Screw (101) and an M5 Washer (94).

    Identify the Right Upper Body Leg Outer Cover (69) and orient it as shown.

    Attach the Right Upper Body Leg Outer Cover (69) around the Right Upper Body Leg (60) by pressing it into the Right Upper Body Leg Inner Cover (83).

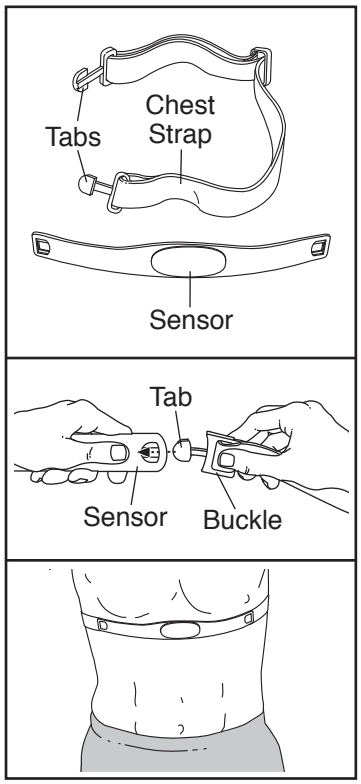
    Repeat this step on the other side of the elliptical.



19. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR



The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE ELLIPTICAL

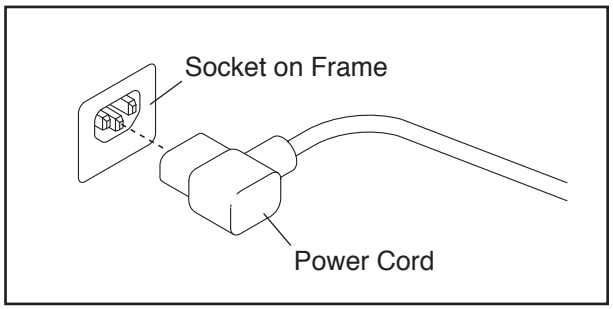
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

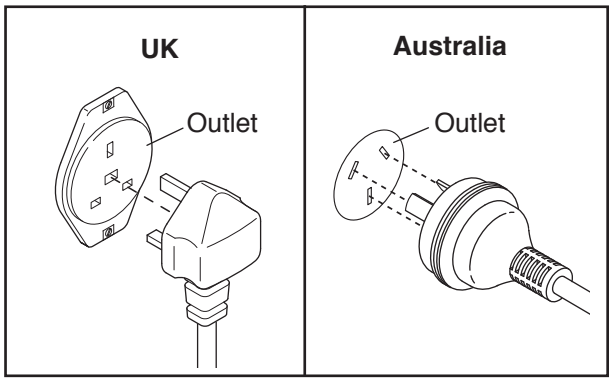
⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the frame.

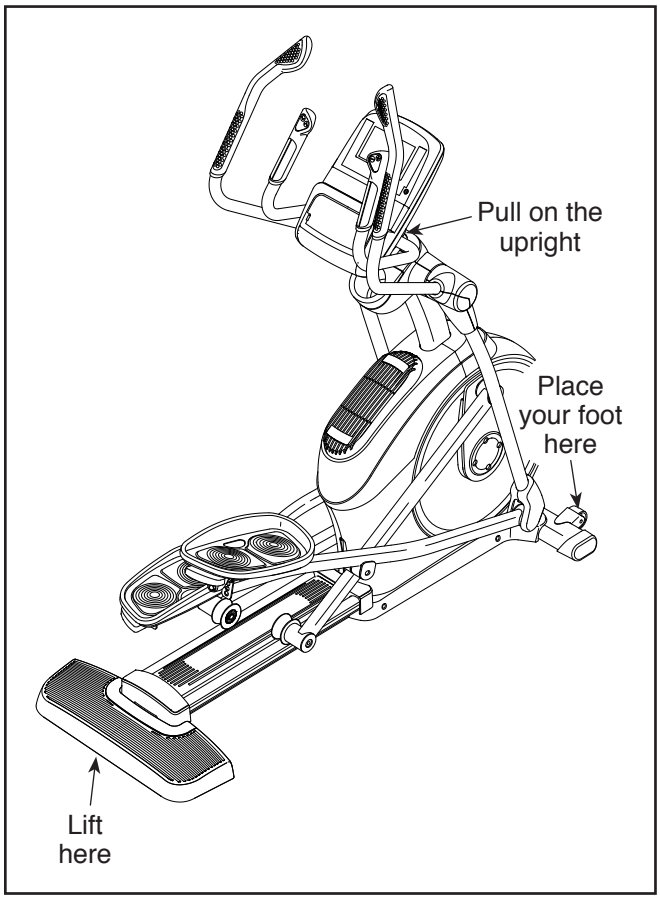


2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



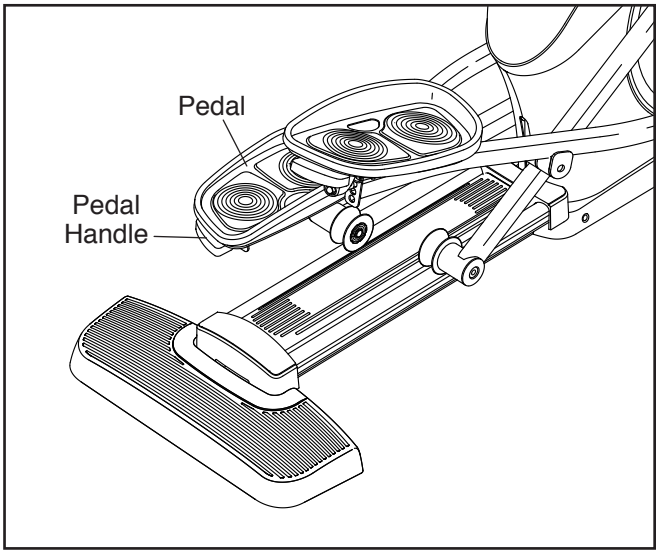
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



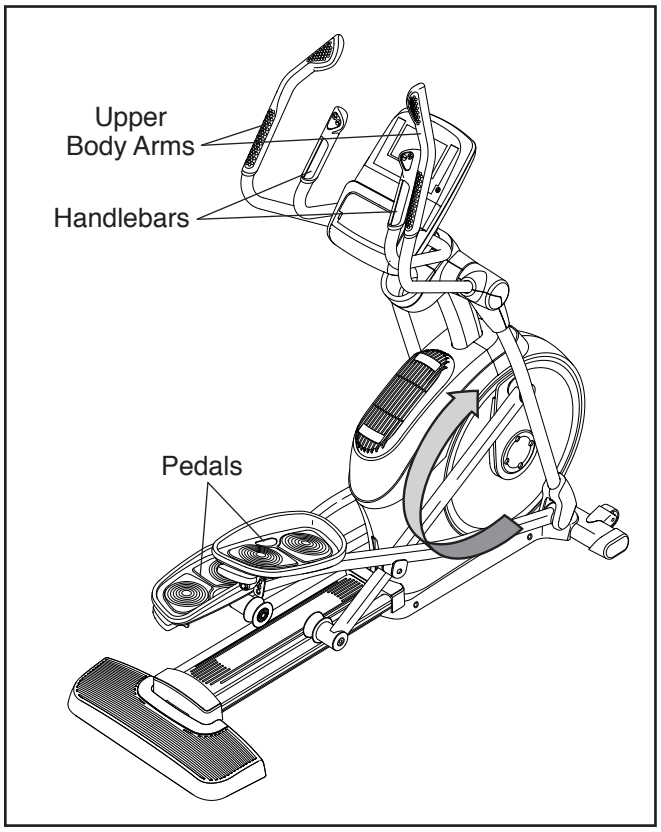
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**



HOW TO EXERCISE ON THE ELLIPTICAL

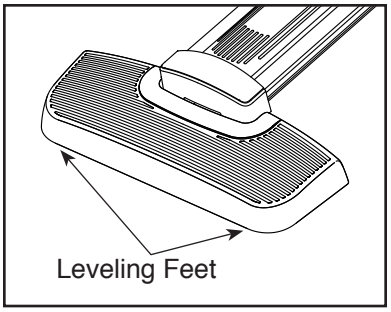
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**



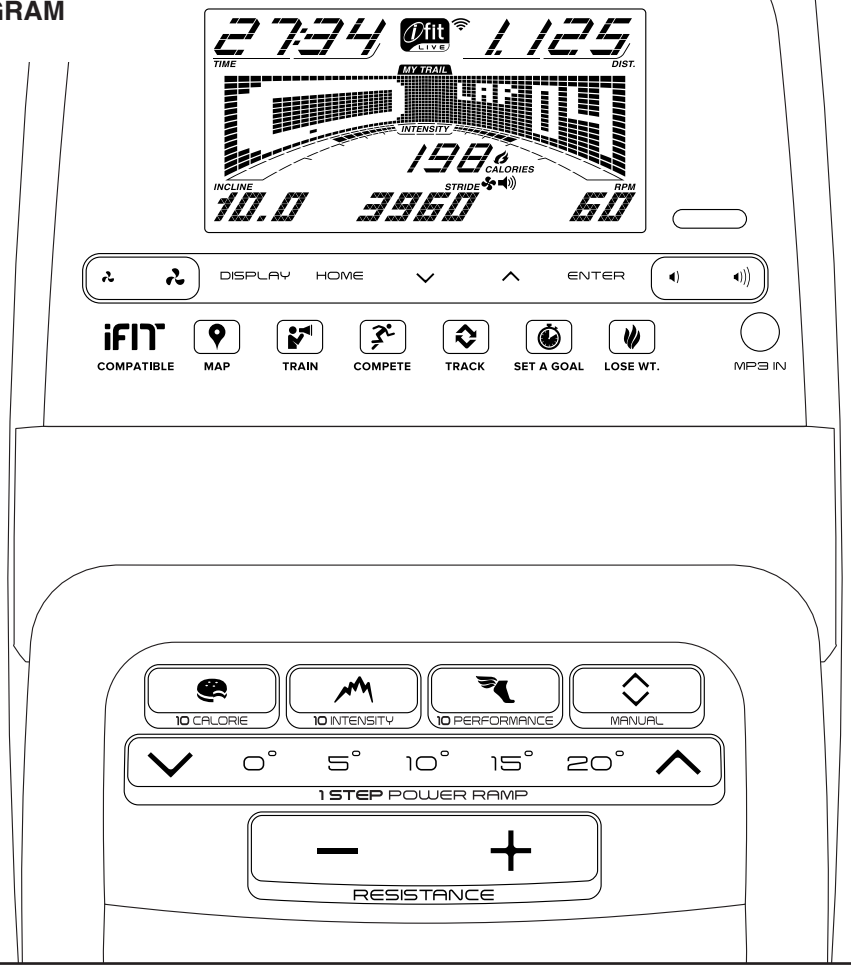
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

In addition, the console offers thirty onboard workouts. Each workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling pace as it guides you through an effective workout. You can also set a calories, distance, or time goal.

The console also features revolutionary iFit technology that enables the console to communicate with your wireless network through an optional iFit module. With iFit, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

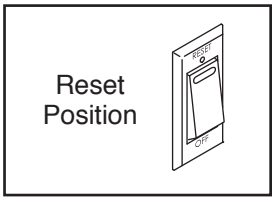
To turn on the power, see page 20. **To use the manual mode,** see page 20. **To use an onboard workout,** see page 23. **To use a set-a-goal workout,** see page 24. **To use an iFit workout,** see page 25. **To use the sound system,** see page 26. **To change console settings,** see page 26.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 16). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the ramp may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 28 and manually calibrate the ramp.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   Press the Manual button on the console to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

3. **Change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons on the console or on the right handlebar.

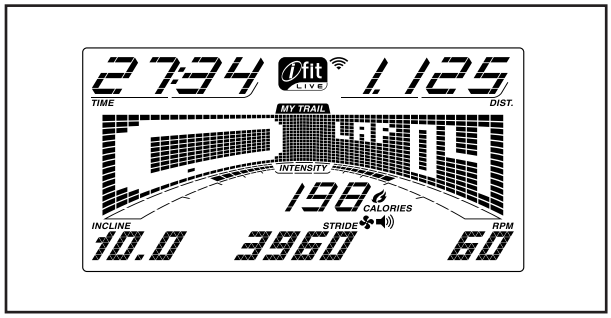
   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered 1 Step Power Ramp buttons on the console or press the 1 Step Power Ramp increase and decrease buttons on the console or on the left handlebar.

   Note: After you press a button, it will take a moment for the ramp to reach the selected incline level.

4. **Follow your progress with the display.**

The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Incline—This display mode will show the incline level of the ramp for a few seconds each time the incline level changes.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

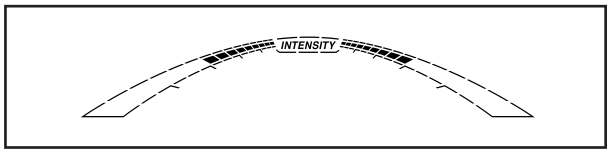
Incline—This tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

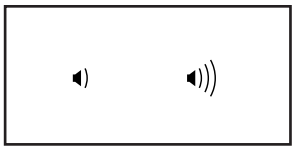


Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 26 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

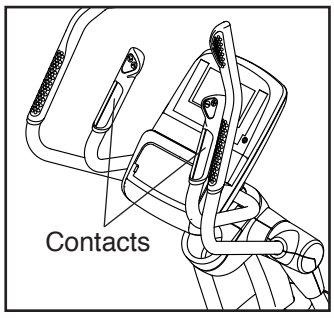
Change the volume level of the console by pressing the volume increase and decrease buttons.



5. **Measure your heart rate if desired.**

To use the included chest heart rate monitor, see page 15. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

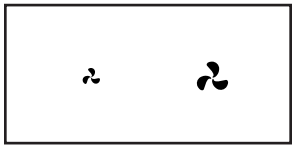


When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has low and high speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, unplug the power cord.**

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 20.

2. **Select an onboard workout.**

   To select an onboard workout, press the 10 Calorie, 10 Intensity, or 10 Performance button repeatedly until the desired workout appears in the display.

   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

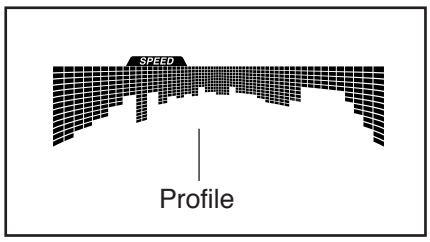
   The display will also show the maximum pedaling speed (rpm), the maximum resistance level, and the maximum ramp level.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

   The resistance level, the ramp incline level, and the target rpm for the first segment will appear in the matrix.

   During the workout, the profiles on the speed and incline tabs will show your progress.



   The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed or the incline level for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level, ramp incline level, and/or target rpm is programmed for the next segment, the resistance level, ramp incline level, and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals and the incline level of the ramp will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

   IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the 1 Step Power Ramp buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the ramp will automatically adjust to the incline level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 21.

5. **Measure your heart rate if desired.**

   See step 5 on page 22.

6. **Turn on the fan if desired.**

   See step 6 on page 22.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 22.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 20.

2. **Set a calories, distance, or time goal.**

   To set a calorie, distance, or time goal, first press the Set A Goal button.

   Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   As you exercise, a target rpm (speed) may appear in the display to help you reach your goal. Keep your pedaling speed near the target rpm. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

   The workout will continue in this way until the calories, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 21.

5. **Measure your heart rate if desired.**

   See step 5 on page 22.

6. **Turn on the fan if desired.**

   See step 6 on page 22.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 22.

HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout.

To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 20.

2. **Make sure that the iFit module is inserted in the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

3. **Select a user.**

   If more than one user is registered with your iFit.com membership, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit button. Note: You may be able to access demo workouts through these options, even if you do not insert an iFit module.

   To compete in a race that you have previously scheduled, press the Compete button.

   To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set A Goal button (see page 24).

   Note: Before some workouts will download, you must add them to your schedule on iFit.com.

   For more information about the iFit workouts, please go to www.iFit.com.

   When you select an iFit workout, the display will show the name, duration, maximum ramp incline level, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

5. **Start the workout.**

   See step 3 on page 23.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 26).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 21.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

   During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 22.

8. **Turn on the fan if desired.**

   See step 6 on page 22.

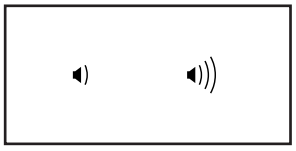
9. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 22.

For more information about iFit, please go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**



Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

2. **View usage information.**

   The display will show the total number of hours that the elliptical has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the elliptical.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the 1 Step Power Ramp increase and decrease buttons to adjust the contrast level.

5. **Determine if an iFit module is connected to the console.**

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

   To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Set the default menu if desired.**

   Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode main menu or the iFit menu as the default menu.

8. **Check the status of the iFit module if desired.**

   Press the decrease button to view the iFit status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

   Then, press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. **Check for downloads if desired.**

   Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

   Then, press the Enter button. The console will then check for iFit workouts and firmware downloads.

10. **Exit the information mode.**

    Press the Display button to exit the information mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in. If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 26 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 22.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 15.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the 10 Calorie button for several seconds until the test mode appears in the display.

Press the 10 Calorie button again. Then, press the 1 Step Power Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the 10 Calorie button repeatedly to exit the calibration mode.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

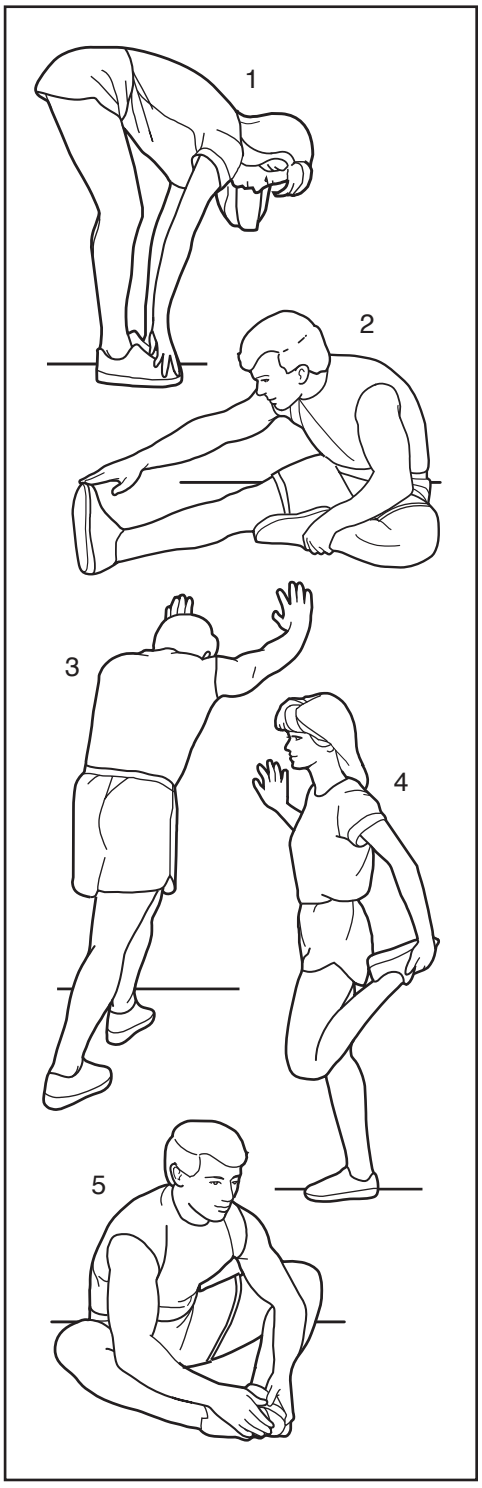
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. NTEVEL12913.0 R0513A

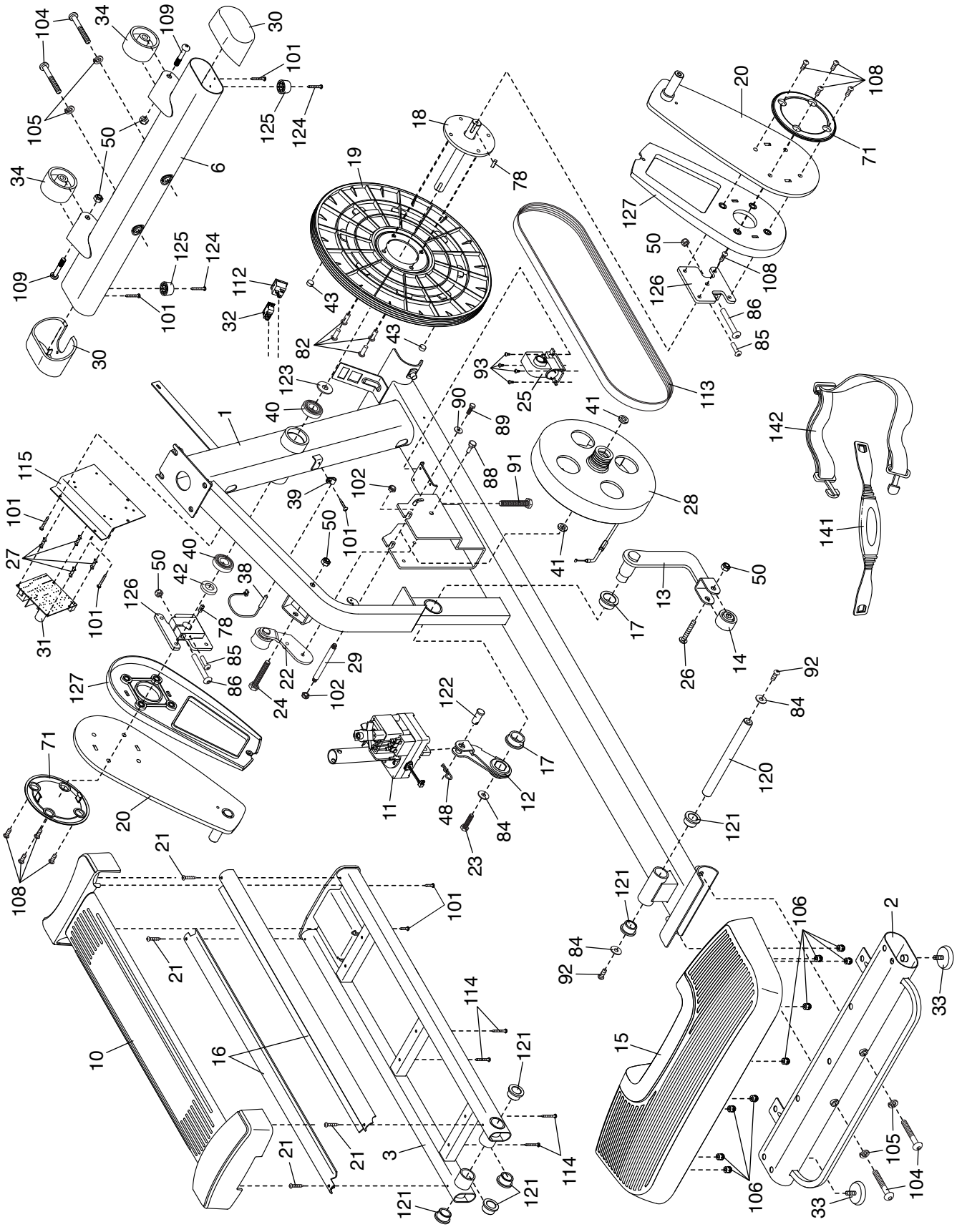
Key No.	Qty.	Description
1	1	Frame
2	1	Rear Stabilizer
3	1	Ramp
4	1	Upright
5	8	M4 x 19mm Screw
6	1	Front Stabilizer
7	1	Console
8	1	Left Handlebar
9	1	Right Handlebar
10	1	Ramp Cover
11	1	Incline Motor
12	1	Incline Motor Arm
13	1	Ramp Arm
14	1	Ramp Roller
15	1	Rear Stabilizer Cover
16	2	Track
17	2	Large Frame Bushing
18	1	Crank
19	1	Pulley
20	2	Crank Arm
21	4	M4 x 10mm Screw
22	1	Idler
23	1	M10 x 15mm Screw
24	1	M10 x 95mm Bolt
25	1	Resistance Motor
26	1	M10 x 42mm Bolt
27	4	Standoff
28	1	Eddy Mechanism
29	1	Mechanism Axle
30	2	Stabilizer Cap
31	1	Controller
32	1	Power Switch
33	2	Leveling Foot
34	2	Wheel
35	1	Pivot Axle
36	2	Upright Bushing
37	1	Accessory Tray
38	1	Reed Switch/Wire
39	1	Reed Switch Clamp
40	2	Bearing
41	2	Mechanism Spacer
42	1	Large Crank Spacer
43	2	Magnet
44	1	Left Pedal Arm
45	1	Left Roller Arm
46	1	Left Upper Body Leg
47	1	Left Upper Body Arm
48	1	Hairpin Cotter Pin
49	1	Right Pedal
50	8	M10 Locknut
51	2	Roller
52	1	Right Grip
53	4	Large Axle Cover
54	2	16mm Wave Washer
55	2	Small Axle Cover
56	4	Roller Arm Bushing
57	8	Arm Bearing
58	1	Right Pedal Arm
59	1	Right Roller Arm
60	1	Right Upper Body Leg
61	1	Right Upper Body Arm
62	1	Left Grip
63	1	Right Sensor Assembly/Wire
64	2	Pedal Arm Axle
65	1	Right Upper Body Arm Front Cover
66	1	Right Upper Body Arm Rear Cover
67	1	Left Upper Body Arm Front Cover
68	1	Left Upper Body Arm Rear Cover
69	1	Right Upper Body Leg Outer Cover
70	1	Left Upper Body Leg Outer Cover
71	2	Disc
72	1	Left Upper Body Leg Inner Cover
73	1	Left Shield
74	1	Right Shield
75	1	Shield Cover
76	1	Left Pedal Arm Side Cap
77	4	Axle Spacer
78	2	Key
79	1	Front Console Cover
80	1	Rear Console Cover
81	1	Rear Upright Cover
82	10	M8 x 13mm Screw
83	1	Right Upper Body Leg Inner Cover
84	3	M10 Washer
85	2	M4 x 14mm Screw
86	2	M10 x 58mm Bolt
87	1	Right Pedal Arm Side Cap
88	1	Pivot Screw
89	1	Idler Screw
90	1	M6 Washer
91	1	Belt Adjustment Screw
92	2	M10 x 19mm Screw
93	6	M4 x 12mm Screw
94	2	M5 Washer
95	6	M8 x 16mm Screw
96	8	M8 x 38mm Bolt
97	10	M8 Washer
98	2	Medium Snap Ring
99	4	M10 x 25mm Screw
100	4	Leg Bearing

Key No.	Qty.	Description
101	27	M4 x 16mm Screw
102	10	M8 Locknut
103	10	M6 x 12mm Screw
104	4	M10 x 122mm Screw
105	8	M10 Split Washer
106	9	Cover Mount
107	1	M4 x 48mm Screw
108	9	M8 x 25mm Screw
109	2	M10 x 60mm Bolt
110	1	Upper Wire
111	1	Lower Wire Harness
112	1	Receptacle
113	1	Drive Belt
114	4	M4 x 42mm Screw
115	1	Controller Bracket
116	2	Disc Ring
117	1	Front Upright Cover
118	1	Shield Cover Cap
119	1	Power Cord
120	1	Ramp Axle
121	6	Small Frame Bushing
122	1	Clevis Pin
123	1	Plastic Spacer
124	2	M4 x 19mm Self-tapping Screw
125	2	Bumper
126	2	Crank Bracket
127	2	Crank Arm Spacer
128	1	Left Pedal Plate
129	1	Left Pedal Handle
130	2	Pedal Pin
131	2	Pedal Spring
132	2	M10 x 140mm Bolt
133	2	M6 Acorn Nut
134	1	Fan Grill
135	1	Fan Bracket
136	1	Fan/Wire
137	2	Saddle Bracket
138	1	Right Pedal Plate
139	4	M3 x 8mm Screw
140	4	M6 x 43mm Screw
141	1	Chest Heart Rate Monitor
142	1	Chest Strap
143	1	Left Pedal
144	1	Left Sensor Assembly/Wire
145	1	Right Pedal Handle
146	1	Fan Extension Wire
147	2	M8 x 14mm Shoulder Screw
*	–	Assembly Tool
*	–	Grease Packet
*	–	User's Manual
*	–	Lift Motor Wire A
*	–	Lift Motor Wire B
*	–	Resistance Motor Wire
*	–	Blue Wire
*	–	Green Wire
*	–	White Wire

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

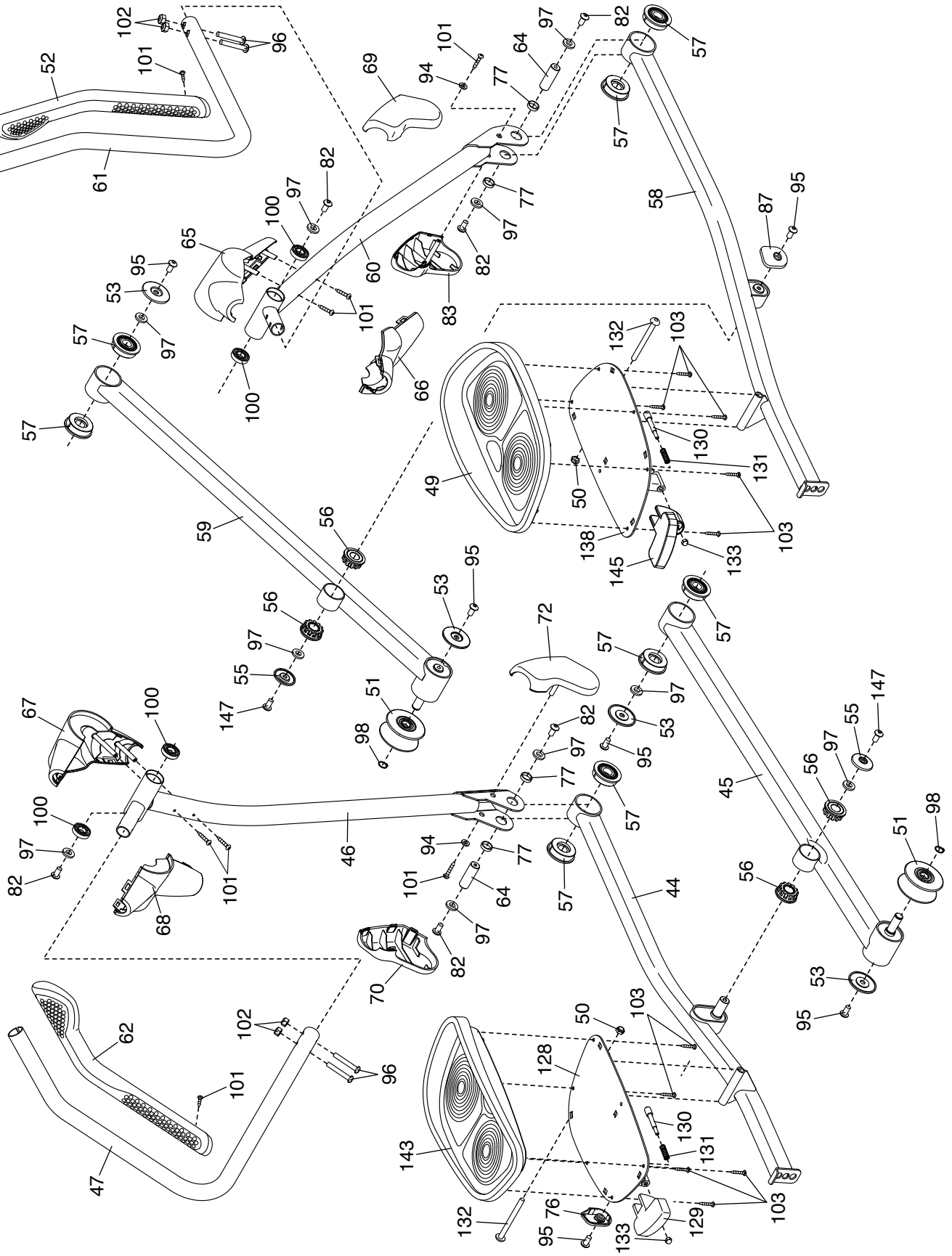
EXPLODED DRAWING A

Model No. NTEVEL12913.0 R0513A



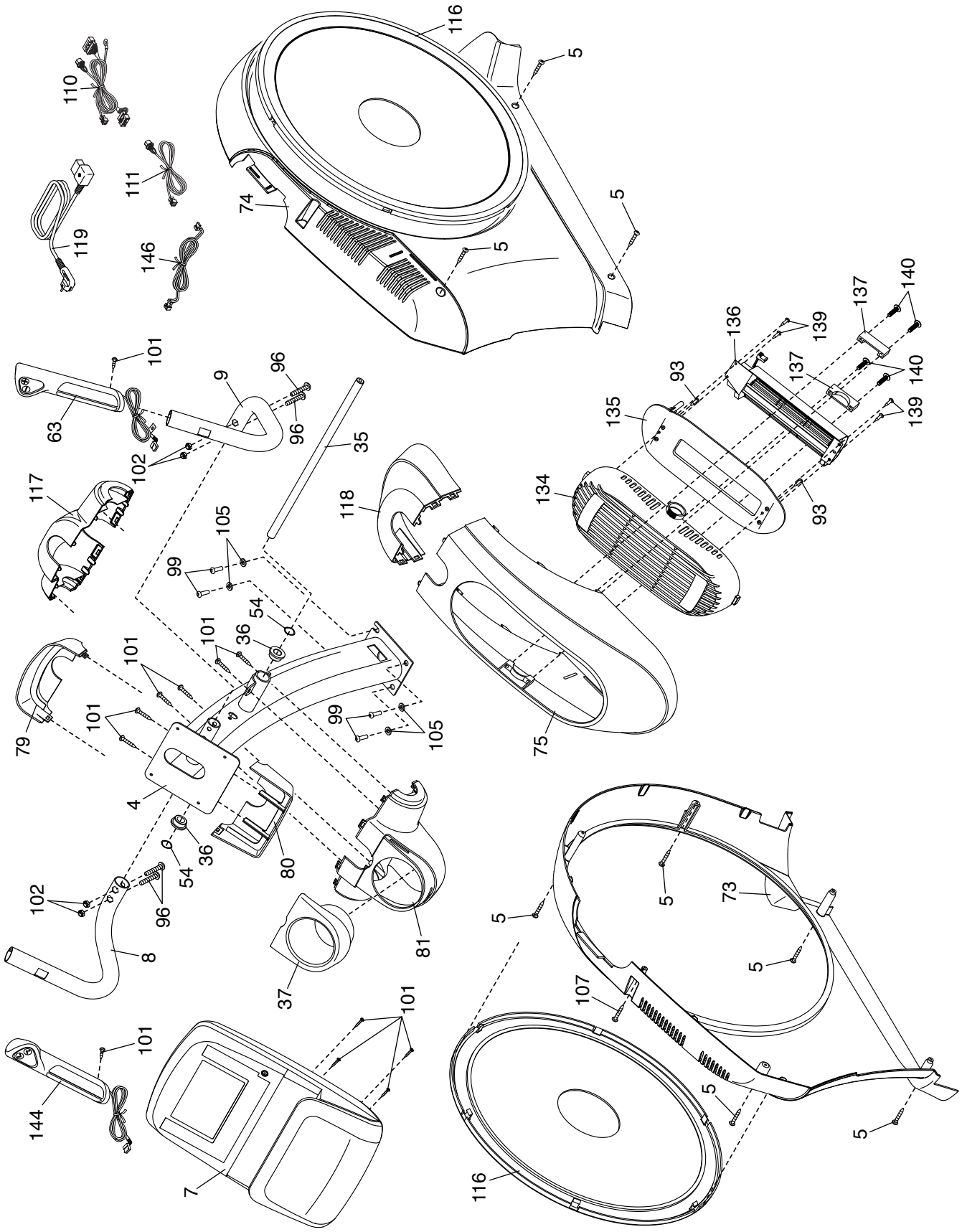
EXPLODED DRAWING B

Model No. NTEVEL12913.0 R0513A



EXPLODED DRAWING C

Model No. NTEVEL12913.0 R0513A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 345543 R0513A

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